

September is National Rice Month



Did you know that rice is a culinary staple that nourishes 2/3 of the world's population?

Rice.....

- ❖ Is a nutrient rich complex carbohydrate
- ❖ Contains 15 essential nutrients, including folate, B vitamins, potassium, magnesium, iron and selenium
- ❖ Has 103-108 calories per ½ cup serving
- ❖ Is naturally cholesterol free and contains no trans fats.
- ❖ Combined with beans provides all essential amino acids for a complete source of protein
- ❖ Less than 1% of the calories from rice comes from fat
- ❖ Is easy to prepare
- ❖ Is a great compliment to any meat, fish, poultry, bean, fruit or vegetable dish